



Skiddaw News: Issue 30 December/January 2019

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Chairs letter No 30: December 2018

Dear Member

I know that 2020 may seem a long way off but at the AGM in April that year several members of your Executive Committee will have to stand down as they will have completed the maximum term in office. Ideally anyone taking up one of these positions would benefit by joining the EC next year to give them an opportunity to understand how things work and what is involved. Due to changes in Charity Commission regulations we are now required to undertake some additional accounting tasks. In 2019 we would also like to implement the centralised membership system to replace the Excel spreadsheet we currently use. In the long term this will bring many benefits but in the short term will require quite a lot of work. So to meet all of these demands we need 3 additional members to join the EC and the following volunteers.

- * 1 member to assist the Treasurer by collecting, collating and summarising group accounts provided by conveners
- * 2 members with some IT skills to assist in planning and managing implementation of the Beacon membership system

Some U3As have folded when they have been unable to recruit an Executive Committee so if you want our U3A to be able to continue into the future please consider whether there is anything you can do to help.

Please don't forget that our membership year starts on 1st December so if you haven't yet renewed you need to do so now. Our membership fee remains the same at £12 for the year. Only paid up members or associate members can attend group meetings. To comply with the new GDPR rules we need every member to complete an application form every year. This form can be found under the 'membership' tab on the website along with details of where to send the form. It is important that you read and complete the reverse of the form. If you do not tick the box to allow us to share your name and address with the

Monthly General Meetings

Meetings 10:30 to 12:00 (refreshments from 10:00) unless otherwise stated

Tuesday 4th December Anniversary Christmas Lunch at Skiddaw Hotel

Wednesday 16th January – Crosthwaite Parish Rooms

Guest speaker – Ian Payne "History of the Alhambra Cinema"

Wednesday 20th February – Crosthwaite Parish Rooms

Guest speaker - Kate Keohane "The Himalaya Trust"

Third Age Trust you will no longer receive the Third Age Matters and Sources magazines. We do ask that if you want your membership card sent to you by post that you do include a stamped addressed envelope. Otherwise your card will be available for collection at any monthly meeting.

On a lighter note Christmas is rapidly approaching. Nothing but Christmas films on TV, carols playing everywhere, decorations up early November and whole sections of supermarkets devoted to Christmas gifts & food. Do you love it or hate it? I'm afraid I'm a total grinch and wish it was all banned until at least the middle of December. Whichever side of the fence you fall I hope you have a wonderful time.

Merry Christmas and a happy New Year

Best wishes

Debbie Morgan

Debbie Morgan

Chair, Executive Committee

From your Committee

GROUP SUPPORT FUND

The aim of the Group Support Fund is to support group activities by purchasing on behalf of groups items which are used in common by all members of the group eg textbooks, CDs, subscriptions to magazines, web sites etc. Further information about the Fund and how it operates can be found on our website.

Applications are invited from Group Convenors. There is no deadline for applying: a copy of the application form can be found on our website or supplied via a committee member.

INCLUSIVITY – U3A Plus

U3APlus aims to help, support and advise U3As to ensure that all their members can access the informal learning and the many activities in their U3As, regardless of impairment or disability. The direct link to the website is <https://plus.u3a.org.uk>

Skiddaw U3A has made a start: we have an audio system and will endeavour to use it at all monthly meetings. We have also set up the Accessibility scheme whereby those in need of transport are put in touch with a volunteer willing to offer transport. The take up of this has been limited so far. The success of such schemes depends, of course, on the participation of all members, not just the committee. If you would like to volunteer to be a driver or would like to take advantage of the scheme, you will find more details below:

Wbsite: transport@skiddawu3a.co.uk or phone 017687 76347 or mobile 07803 714081

Opinion Piece: *Do you have a Bee in your Bonnet about an issue? If so, please contact the Editor, Maggie Potts – phone 017687 73582 or email: randmpotts@gmail.com*

***** NEW GROUPS and GROUP NEWS *****

LUNCH GROUP

Sheila Deans has come forward and is willing to convene a Lunch Group. The Group will have their first get-together at Booths Cafe at 12.30 pm on Wednesday 16th January 2019 and will meet thereafter on the 3rd Wednesday of the month (after the Monthly Meeting). Suggestions for future venues will be discussed at the first meeting. If you would like to join the Lunch Group and would like more details or to put your name on the list then please contact Sheila on 01900 604217 or contact her via the message button on the Lunch Group page on the Skiddaw U3A website.

SKIDDAW UKES

For beginners and experienced players, this is a chance to sing and play songs we all know and to have fun. Meetings are Mondays at 2pm in the Harvey Davies Room at the Braithwaite Institute. Forthcoming sessions are 3rd and 17th December and 7, 14 and 28 January. Further info about choosing a ukulele and joining the group from peterfox1945@gmail.com

NORDIC WALKING GROUP

Have you got Nordic poles languishing in your cupboard? Would you be interested in joining a group walking for an hour or so? Maybe the 5k along the railway line for starters. Contact Ann Martin 07970 388564 or ann@firstadapt.com

GROUP REPORTS

GEOLOGY

The second presentation of the two year course is now just over half way through. Having been introduced to minerals, rocks, fossils and geological maps during the first round of winter indoor sessions the members are about to study aspects of global geology. These will include the structure of the Earth and its major surface features, volcanoes, earthquakes, continental drift, sea floor spreading and plate tectonics. So far all day field trips have included visits to the Skiddaw slates in the Caldew valley and the Carrock wolfram mine, the Threlkeld microgranite, the volcanic rocks and glacial features of Borrowdale, the pink and Blue Shap quarries, aspects of iron and coal mining in West Cumbria and the St Bees sandstone and glacial deposits exposed in cliffs at St Bees.

Contact convenor Chris Wilson (via the group's web page) to reserve a place on the third presentation of the course starting in October 2019.

Chris Wilson

GPS and GEOCACHING

Our most recent monthly walk was fairly typical: it took about a couple of hours (including many stops to discuss how to perform actions on our Garmin GPS devices) starting from the car park near the school in Threlkeld, going alongside the beck before dropping down to the Glenderamackin and back. December's meeting will be something similar and the January meeting will be held indoors to explore the workings of Basecamp, the computer programme which accompanies Garmin devices.

Pete Marritt

GERMAN

After a well-earned summer break, the German group have been enjoying getting back to practising their language skills. Some new members have been welcomed into the group and the first session together was an opportunity for everyone to say a little about themselves by way of introduction.

There is usually a topic for conversation at each meetings. One topic was "Memorable Meals" - these included fish and chips on the Isle of Skye; a birthday celebration in Germany where delicious food was accompanied by lashings of beer, wine and Schnapps; learning to cook authentic curries in Bangladesh; and some very dubious Korean delicacies! The group have also talked about holidays and hobbies. A group member brought some information leaflets back from a visit to Ypres and the group read and translated an article in German about the Menin Gate. Some members even bravely practised their German on holiday.

The group have a subscription to Deutsch Perfekt. This is a magazine produced in Germany specifically for people learning German, be they English, French, Italian The magazine provides an opportunity to learn more about life in German speaking countries. One of the exercises is to read and translate articles together. Most people know of the world famous Oktoberfest which takes place annually in Munich, but the group have discovered that there are many variations of the event all over the world - in Brazil, Canada, China and Namibia to name but a few. These Oktoberfeste mainly came about as people wanted to keep in touch with their German heritage. Bavarian music is a must at these events but there are also some weird customs such as "der Ententanz", where participants dance like ducks - the more beer the merrier - and "Running of the Wieners" where Dachshunds are dressed up as hot-dogs and race! Of course these could only happen in the USA!

Using a simple reader, the group follow the adventures of Dino - a young Sicilian living in Germany and trying to learn the language. So far, we have found him in Berlin, Frankfurt and Cologne and in book four we find him in Munich, trying to get to grips with "Boarisch", the Bavarian dialect which is almost another foreign language to him.

The group are looking forward to learning about Christmas customs in Austria, Germany and Switzerland and to perhaps rounding off the year with Stollen and Glühwein!

Alyson Lehninger

GARDENING

We are a group of keen gardeners with a lot of experience among us but very few of us have had any horticultural training. Our main activities are visiting gardens, particularly members gardens, where we offer advice and exchange plants.

In the summer months we arrange to visit gardens in the Cumbria Open Garden scheme, they are always interesting and a good source of unusual plants. Our group visited Acorn Bank where we were shown how to grow apples in different forms some of which make them much easier to harvest. Our meetings usually end with tea and cake and this summer has been especially good as we have been able to tea outside in the sunshine

Elizabeth Barraclough

GUITAR GROUP

The Guitar Group meets every fortnight to learn to play rhythm guitar and sing popular songs. There are hundreds of songs based on three chords, and thousands more if you add a fourth chord, so it is relatively easy to get started. Of course the songs may be in different keys which means the number of chords you learn quickly extends, and before

you know it you will be able to play more complex songs. Naturally it will take a little time (and some sore finger ends!) to get used to changing from one chord to the next one, and to add a rhythm with your right hand, and as with all skills the more you practice the better you will get. As the saying goes, if something is worth doing, it's worth doing badly at first.

Chris Knowles

FRENCH

The French group continues to meet on the 1st and 3rd Fridays of each month from 14:30 to 16:00 in the Council Chamber Room of Keswick Town Hall. Halle Stenhouse is the convenor of the group but if she has been away then Carolyn Davis and John Hunston have kindly stepped into the breach! The group has a subscription to News in Slow French and frequently listens to one of the episodes which although are called "Slow French" can sound pretty quick! The transcripts are essential in order to understand and do the translation. We've listened to articles regarding the Royal Wedding, Stephen Hawking, Kilauea volcano and the huge amount of plastic waste in the oceans. Sometimes we watch a you-tube clip in French or a short extract from a French TV News Channel. Halle's laptop fortunately links up with the electronic whiteboard in the Council Chamber Room so all the group can see the images and hear the dialogues. Most importantly, there is a small kitchen so we are able to have a cup of tea/coffee and a biscuit to refresh our brains if those French words we once knew remain out of reach!

Halle Stenhouse

NOTICEBOARD

ROTARY CHRISTMAS PROMS Sunday 2nd December at 7.30pm at the Theatre by the Lake starring Graeme Danby and Valerie Reed and featuring the NASUWT Riverside Band and the St Herbert's Junior School Choir. All proceeds to the West Cumbria Young Carers Project and other good causes.

THE CUMBRIAN DUO: a concert featuring Skiddaw U3A member Jean Altshuler and Ed Heslam play carols and Cumbrian Music at **Allan Banks, Grasmere** from **1.00pm on Saturday 8th December**

PORTINSCALE HALL for ALL: as part of local fund-raising for improving the wheelchair access at the hall, we are having a grand raffle with 8 excellent prizes donated by local businesses: prizes that will also appeal to friends, relatives, guests, in fact anyone who visits or lives here. Tickets are £1 each and can be obtained from Maggie Potts, any group convenor who lives in Portinscale or from the hall, the Farmers or the Chalet.

BOOKS for HOSPICE at HOME: member Doreen Polson is collecting and supplying books to be sold at various local outlets in aid of Hospice at Home. If you have any books you are finished with, you can leave them in the carport at her home, Grange Lea, Manor Brow. Alternatively you can leave them at Sylvia Pilling's, 25 High Hill. If Sylvia is not in, leave them in the front porch.